

Flu Is Extremely Contagious

Practice Basic Hygiene To Reduce Your Chance Of Getting The Flu



WASH YOUR HANDS often, especially after using the restroom and before and after eating



STAY HOME from work or school when sick



GET VACCINATED
Protect yourself, your family, your friends, and your community with a flu shot

FLU PREVENTION

COVER YOUR NOSE AND MOUTH with a tissue or your sleeve when you cough or sneeze



DON'T TOUCH YOUR FACE (nose, mouth or eyes) to prevent the spread of germs



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